The Lions' Pride

THE LIONS' PRIDE MEDIA GROUP

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University Update with Dr. Senese

By John F. Hall Jr.

Editor-In-Chief & Layout Editor

With a little under a year as University President, Dr. Jeffrey Senese has huge plans underway to transform not only University Campus but the wider Saint Leo Community. Senese has taken several opportunities to share his vision with the Community, which has included but were not limited to:The Oct. 31, Senate Meeting with student senators and the Nov. 20 Town Hall meeting with community members; including all available members of faculty and staff.

The vision moving forward has materialized in the form of the strategic plan Renaissance 2021, a comprehensive and action-oriented plan involving multiple tiers all geared towards the growth of the Saint Leo Community. In an exclusive interview with The Lions' Pride Media Group Senese reflected on his year and plans, saying of Renaissance 2021: "We now have a very ambitious strategic plan that is focused on building a stronger community culture, academic program improvements and the addition of programs, and growth of locations, online and the University Campus. We are making significant progress towards a more vibrant and exciting future for Saint Leo University."

One of Senese's ambitious plans is for a Wellness Center on West Campus. When asked about the progress on the wellness center Senese said, "We hired an architect to begin the design work, they've been on campus several times in the last few weeks."

He added that the newly appointed Student Activities Director Jen Shaw, Student Government Union President Derick McIntosh, along with several other persons are a part of the committee that will meet and begin to source out what should be contained in the building.

"The plans have changed since the first concept," said Senese, citing that there is a possibility of the Wellness Center being moved closer to the lake, in contrast to its top of the hill near Benedictine location. Additionally, Senese expressed that the center will not be for use by athletics

Continued on Page 3

Photo provided by: University News

Dr. Senese has had several opportunities to meet with faculty and staff. He has also presented faculty and staff were recognized for their service anniversaries, and recognition for demonstrating the university's core values.

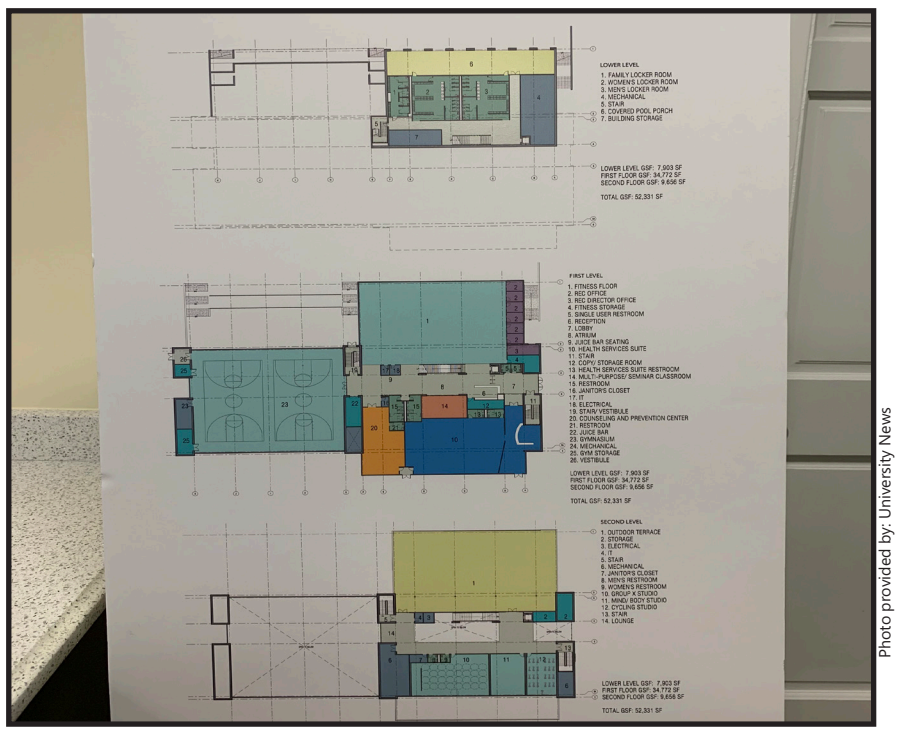


Photo provided by: University News

The plans for the Wellness Center continue to evolve as time progresses, making allowances for features that will better serve the Saint Leo Community.

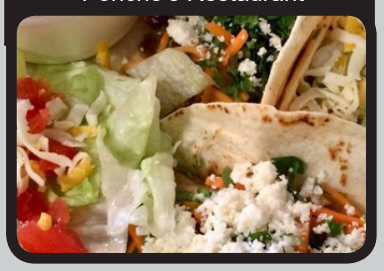
Photo by: John Hall

Veterans Day and other community recognized holidays provided an opportunity for Dr. Senese to meet and dialogue with students, faculty and staff.

Inside This Week

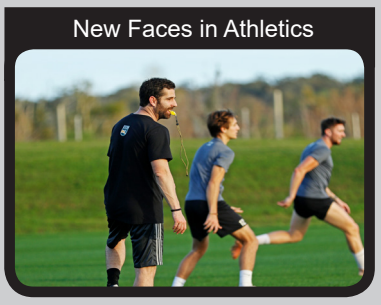
Upcoming Courses in Arts and Sciences

Poncho's Restaurant



What Makes a Sport?

New Faces in Athletics



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Editorials

What Qualifies a Sport?

By Tamali Smith
Contributing Writer

What really is a sport? Many people consider games that are extremely popular to be sports, such as soccer, football and basketball. However, contrary to common belief, any activity can be considered a sport.Today, there are many activities played by small groups of people that are considered sports, and even though the idea of sports has shifted through the years, many people are still close-minded to the idea that activities like shot put, archery, golf, firearm shooting and even chess should be considered sports.

According to Global Association of International Sports Federations (GAISF), a sport is an activity involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively. The GAISF, which is an organization that is internationally recognized, is composed of different sports federations worldwide, which help to assess whether an activity is to be considered a sport and how should it be classified.

There are different elements that categorize an activity as a sport. First, they should incorporate a level of competitiveness. Therefore, games such as archery and firearm shooting, once there are people who can compete for being the best at hitting the target, it should be considered a sport. They already possess a level of physicality and constant training to be the best. Another reason for an activity to be considered a sport is that it should take practice overtime to be good at it instead of pure luck or intellect.

One main characteristic of a sport is the amount of time, energy and money it consumes. Many athletes tend to hunger for the title of being the best and so they practiced tirelessly to get skillful at the sport. GAISF also propose that a sport should not be harmful to another athlete or any creature. Therefore, games like hunting would not be considered a sport. While it possesses the elements of competition and practice, it endangers the life of the creatures being hunted. Golf, archery and rifle shooting do not pose any threat toward any creature and so it is reasonable to classify these as sports.

Vanessa Séfriou, a senior, who plays soccer for Saint Leo University, defined sports by adding that it requires physical and mental effort and skill.

"Each sport demands a set of skills that is unique, and for team sports, it is scaled down to every position. Archery is more emphasized on mental strength, but it also requires the athlete to be aware of all their physical movement, a set of technical skills that is hard to master," she said. "At the end of the day, all athletes try to aim for the bullseye with a perfect shot, a perfect throw, or a perfect hit."

Video gaming is another activity that a lot of people do not consider a sport. However, though not physically intense, it is deemed under the category of E-sports. Christy Lear, manager of Athletics Communications was in agreement that video games are already considered a sport.

"They are athletes who practice and trained really hard with a certain level of skill established that an outsider or even a person who plays video games as a hobby cannot comprehend," Lear said. She also mentioned that there are colleges, like the University of Florida and Florida State Institute, that scout for these athletes giving them scholarships upon entering the university.

"They might not be dunking a basketball, holding their breath under water or running miles per day, but video game as an E-sport is very prominent and is growing with time," she said.

With this, we can see that video games are no longer just hobbies. Furthermore, video gamers take their sport very seriously.

There are many other activities that people. categorize as just hobbies or recreational activities. However, according to olympicsports.org, activities such as archery, fencing, golf, shooting and trampoline are determined and classified as sports. Winter sports, such as luge and curling, according to olympicsports.org, are also very prevalent. These sports are not very popular among individuals, however, they have managed to be among the activities to be considered a sport. Therefore, people should not judge an athlete by what they do but by how they perform with skills and practice in a competition.

Newsroom

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Letters To The Editor

- 500 word maximum
- No profane or slanderous language
- Students: Include name and year
- Faculty: Include name and rank
- Please include a phone number to verify authorship
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Photo by Wikimedia Commons

Video gaming is another activity that a lot of people do not consider a sport. However, though not physically intense, it is deemed under the category of E-sports

Campus News

University Update Cont'd

Photo by: Nicholas Fox

Dr. Senese said of the Wellness Center "We look forward to the future groundbreaking for the Wellness Center and would like the university community to help us celebrate that event when it occurs."

and will include an Urgent Care facility that can be used by faculty and students through the participation of a private care company.

The focus and goal of the Wellness Center will look toward galvanizing a stronger community spirit. The original ground breaking was scheduled for this semester, but will probably be pushed back to the fall, so everyone can attend.

"We look forward to the future groundbreaking for the Wellness Center and would like the university community to help us celebrate that event when it occurs.

Spring has brought many changes around the Saint Leo community that have been geared towards a concerted shift towards being eco-friendly. The visit of Brian Richter, a prominent water scientist was an event that speaks to the veracity of the effort. Richter made several presentations around University Campus, including to the Environmental Chemistry class offered this semester, and culminated with a public address on Feb. 5.

Senese believes our core values should guide how we manage recycling efforts. Senese was asked about these efforts and responded saying, "One of our Core Values is Responsible Stewardship. As such, it is incumbent on us to consider how we can be manage the resources we use. Water conservation is a key focus and we have a strong system for managing our use of water. We also work with a local re-cycling entity to transfer old equipment to them for repurposing."

Supplementary to this, Senese added that there were several other initiatives that are underway or have successfully been implemented in an effort to remain eco-friendly.

Senese said these initiatives include but are not limited to:

•"Facilities goal has been to reduce the amount of energy and water consumption throughout Campus. When we started this process back in 2007 we had 715,000 square feet of building space and our energy cost for the year were $772,821.03.

•We currently have 1.26 million square feet of building space. We are proud to report we have almost doubled in size.... but have been able to reduce power consumption. As of 2018 our power Year to date costs to TECO is $733,515 with 3.5 months left, we forecast to be around $991,515.20 for fiscal 2018-2019 fiscal year.

•All hazardous materials are collected like batteries, light bulbs, paints, ballast, recyclable metals, and transformers and are properly disposed.

•We are in the process of restarting our Campus recycling program. We have just hired four part-time employees, and we are in the process of hiring four more federal work study student workers to help collect sort paper plastic and cardboard recyclable materials."

Additionally, the years have seen several smaller scale changes that have made a significant change and include according to Senese,:

•"Metering water consumptions on Campus and reporting monthly to the state.

•Currently all buildings are metered. We are able to see and monitor usage, trends etc.

•Evaluating LED retrofitting (library, res-halls and colonel pedestrian lighting, parking garage, classrooms, parking lots) opportunities throughout campus to reduce energy.

•We have installed several "Variable Primary Flow" pumps to our chiller plant and cooling towers to reduce energy.

•We installed a preheated Solar Powered system at Bowmen.

•We purchase yearly replacement equipment like refrigerators, HVAC system with high energy ratings."

As the University continues its eco-friendly campaign, and renovations are ever present, questions have arisen as to how the science building (Lewis Hall) will factor into the upgrades.

"We continue to evaluate and renovate the space in Lewis Hall, said Senese. "Last summer we renovated Selby Auditorium which was a great improvement. We look at renovation projects on the campus every year as part of the budgeting process. Lewis Hall in the long-term will need to be replaced by a more contemporary building as we develop and as we bring on health sciences programs like nursing."

In addition to his many tasks, Senese is trying to stay grounded, connecting with as many students on and off campus. Having visited many locations outside of University Campus, Senese plans on visiting all and repeating the visits.

"I do attend as many student related events as possible including informal gatherings such as stopping by the fundraising tables outside SAB and planned events such as student organization events, CAB events, athletic matches and games and musical and arts events."

This interaction is not limited to students and expands as far as the states capital, Tallahassee.

Senese mentioned,

"I routinely interact with faculty and staff in a wide variety of ways and also represent Saint Leo at community events to help bring greater awareness of Saint Leo and our outstanding students- especially with companies that might be future employers of our students," said Senese.

"[This included] during Spring Break attending ICUF Legislative days in Tallahassee visiting with legislators who represent University Campus and our Florida locations."

Social media has also felt the presence of the University president who said, "I routinely use Twitter and LinkedIn to help Saint Leo get to know me in a way they might not otherwise, like my love of fun socks each week or as I like to call it "Fun Socks Fridays."

Several of the initiatives to drive the university to an eco-friendly campus

- Metered water consumptions on Campus and reported monthly to the state.
- The evaluation of LED retrofitting (library, res-halls and colonel pedestrian lighting, parking garage, classrooms, parking lots) opportunities throughout campus to reduce energy.
- Several "Variable Primary Flow" pumps were added to he chiller plant and cooling towers to reduce energy.
- The installation of a preheated Solar Powered system at Bowmen Activity Center.
- The purchase of yearly replacement equipment like refrigerators, HVAC system with high energy ratings.

Photo by: Christian Silva

The Lions' Pride Media Groups' Editors and Managers meet with the University President once a semester, to learn more about the state of Affairs in the Community.

The College of Arts and Sciences

Transformative Learning.

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Did you know that you can take courses in...

SPH 300ST: Public Speaking
TR 9:30-10:50, Dr. Marissa McLargin
This is not a speech writing class. This is a speech doing class. Whatever your major, whatever your career, you will probably have to speak in public at some point. This class is open to all majors and designed for students who are shy or inexperienced and know they need practice speaking in public, students who love to talk in front of a crowd but want to learn more tips and tricks, and students who simply need a 300-level elective. This course is hands-on experiential learning for students who need or want lots of practice with public speaking. Public speaking skills are critical in today's work place and in general society. In this course, students will discover the traits of a successful speech and speaker—as well as the skills necessary to communicate effectively in our culturally and professionally diverse world. We will study the principles of public speaking, including practice in the preparation and delivery of extemporaneous speeches. Primary attention will be given to the actual delivery of the speech, also referred to as the mechanics of public speaking. All speeches will be given as live presentations.

HUM 100ST: Pop Culture, the Bible, and Everyday Life
TR 11:00-12:20 OR TR 12:30-1:50 - Dr. Marissa McLargin
You might wonder how the Bible can be the best-selling book of all time when you find it too boring to read. Fun fact: The Bible is the reason politicians refer to America as "a city upon a hill," why Harry Potter is considered "a Christ figure," and why ESPN would consider a basketball game between Saint Leo and Duke "a real David vs. Goliath." No other collection of writing has influenced Western civilization more than the Judeo-Christian Bible. This course will introduce students to the Bible by examining its most famous stories in the context of their enduring cultural significance. Students will build fluency and cultural literacy regarding biblical characters, stories, themes, and genres. Students will also identify biblical themes and archetypes in current film, TV, music, and popular culture and explain their significance for modern audiences. No prerequisites. *Earn UE credit for Reflective and Spiritual Life*

ENG 319: Studies in Speculative Fiction
MWF 1:30-2:20 Dr. B. Lee Hobbs
Metahumans? Enhanced individuals? Supervillains? Alien Heroes? It seems that these fantastic archetypes, steeped in the traditions of ancient legend and WWII propaganda, now appear ubiquitously on the silver screen (and the small screen). Why is this particular genre, once relegated primarily to a kitschy subculture, now so very mainstream, and what might be its relevance? What do these imagined characters of extraordinary abilities tell us regular people, for example, about ourselves, our hopes, dreams, and deep-seated fears? In an attempt to answer these questions, students in this course will explore the intertextuality of this speculative fiction variety in mythology, psychology, history, popular culture, and other disciplines in both sequential art narratives (comic book media), cinematic texts (television and movies), and the contextual background of its creation. This is a terrific course for students already on the path of writing or drawing graphic novels, as we will examine the underlying processes of both, and anyone of any major just wishing to read and learn more about this exciting social phenomenon!

The College of Arts and Sciences

IDS 300ST: Exploring Digital Humanities
Dr. Elisabeth Aiken and Dr. Valerie Kasper
What do Trumps's tweets, Beyonce's lyrics, and a National Book Award winner have in common? Each contains hidden messages that you can uncover in IDS 300: Exploring Digital Humanities. Using data mining and topic modeling software, you can uncover secret messages hidden in any text! We'll begin the class by working on a common project related to the insurrection at Harper's Ferry in 1859, using journalism, speeches, and fiction. In the second half of the semester, you'll use the same digital tools to conduct your own project, related to the topic of your choosing: literature, history, religion, philosophy, art... the list is endless!

HTY/POL 300 ST: Making the American Empire
MWF 12:30 -1:20 - Dr. Daniel Dubois
The making of the American Empire has been a long-term and violent process. From the wars over mastery of the North American continent; the Union's defeat of a traitorous Confederacy; the invasion and occupation of the Philippines and Cuba; U.S. involvement in World War I; and, finally, America's victory over the Axis Powers during World War II: the United States was never timid in deploying its military, diplomatic, and economic resources to grow its power and remake the world in its image. This course explores America's path from a colony to a superpower, and gives students the historical context necessary to understand America's role in the world today.

HTY 423: The United States in the 20th Century
TR 12:30-1:50 - Dr. Dan DuBois
Prepare for a deep dive into some of the most critical moments that shaped the "American Century." In HTY 423, students will get a chance to read some of the most important books on 20th century U.S. history while debating the most pressing issues facing the country today. Students will learn about the Jim Crow era, the impact of the Great Depression and World War II on American capitalism, the culture wars of the 1960s, the political and foreign policy scandals of the 70s and 80s, and the emergence of an environmental justice movement at the turn of the 21st century.

HUM 215HM: Breaking the Code: Language, Culture, Communication
TR 12:30-1:50 or TR 3:30-5:00
Drs. Iona Sarieva & Marcela van Olphen
Breaking the Code, will introduce you to key linguistic theories about the role of language in constructing worldviews, cultural values, and social relationships. During this course, we will address topics related to the nature of human language – its structure and acquisition, as well as its biological and social dimensions. These topics will help you understand how language shapes us as human beings and affects the social and psychological processes we engage in daily. Pre-requisites: ENG 121

RUS 111: Russian I - Beginners
MWF - 11:30-12:20 p.m. - Dr. Iona Sarieva
Here are three good reasons to register for Russian I: (1) Russian on your resume will make a difference; (2) Russian is one of the top most used languages on the Internet; (3) This is a language and culture that will open a whole new world to you! In Russian I, you will master the Cyrillic alphabet and learn the grammar and vocabulary needed for basic conversations on a variety of topics. But it is not all about grammar and vocab. During the course, you will also explore Russian culture and traditions through interactive activities and movies.

HTY 428: Far Eastern History since WWII
TR 2:00 - 3:00pm - Dr. Jack McTague
Do you want to learn about the two fastest rising economic powers in the world--China and India? Then this is the course for you. We will trace their histories in the 20th century and explain how they have risen so fast since the 1980s to become major rivals of the U.S. on the world economic stage.

SCI 125sc: The Science of Cooking
TR 2:00-3:20 or MW 3:30-4:50 - Prof. Jaqueline Robbins
This course aims to introduce students to topics in biology and chemistry through an examination of the many facets of the science of cooking. Students will learn and use methods of scientific discovery / inquiry, as well as disciplinary methods of chemistry, biology, and physics, to better understand the molecular basis of and importance of science in food, nutrition and cooking. The class will include "labs" on ice cream and the role of different fats/flours in crafting the perfect cookie! No prerequisites. *Earn UE credit for Science in a Changing World*

MUS 331: Music in World Cultures
MWF 1:30-2:20 p.m. - Dr. Cynthia Selph
Music can provide a unique window into diverse cultures around the world. This course introduces students to traditions and transformations of music in global perspective, examining music that is representative of a variety of world cultures. We will explore everything from folk and classical genres to contemporary styles of world beat, jazz, popular and experimental music. Music in World Cultures is a great elective for students majoring in World Studies, International Hospitality, Multi-Media, History, Medical Humanities, and many others. It also fulfills one of the required music electives for the music minor

BIO-430 Biotechnology
MWF 11:30-12:20pm -
BIO-430L Biotechnology Lab 2:30-5:20pm
Dr Iain Duffy
Biotechnology is the use of cellular and living processes to benefit humans and the planet. In the lecture class students will learn about the use of cloning, and other biotechnology processes, to produce biofuels, new drugs, genetically modified foods, transgenic animals, etc. We will also discuss the ethics behind the use of these methods. In the laboratory class students will develop skills that would be extremely useful for their postgraduate careers. Those include cloning, gene expression and analysis, and human cell culture. Students will also be introduced to bioinformatics, as part of the national GEP program. This may lead to potential publications. Pre-requisites are CHE-124 and CHE-124L plus a C- or better in BIO-125, BIO-125L, BIO-126 and BIO-126L.

LBS 120HM Stories of Resistance: Power and Identity in the U.S.
MWF 10:30-11:20 - Dr. Allyson Marino or TR - Dr. Elisabeth Aiken
Can stories change the world? What is the purpose of storytelling, in all its forms? Do stories have the power to affect identity and awareness? Can stories shape who we are as people and as cultures? And, most importantly for this course, how have stories worked to change our world? Stories of resistance are at the core of our collective and individual cultural identities. To answer these questions, we will examine a variety of experiences of individuals, communities, and movements that challenge various institutions of power and assert an independent identity. We will focus on four themes: gender and sexuality, race and ethnicity, place and the environment, and military conflicts.

POL 339 Readings in Political Science
TR 3:30 - 4:20pm - Dr. Hudson Reynolds
What really matters in public life? What are political scientists thinking about right this minute? Is democracy taking a thrashing at the hands of authoritarian regimes and nationalist-populist movements? Does geography determine destiny? What is American's true place within the coming World Order? What will happen to us politically when we face the next great economic downturn? Join our book club and find out. Read, consider, and share contemporary writings on politics in discussion with your fellow students. Few lectures, no tests, four short papers – lots of informed conversation!

IDS 115HM, The Imagined West: Myth of the American West in Art, Literature, and Philosophy
TR 12:30-1:50 Drs. Elisabeth Aiken, Karen Hannel, & Tim Jussaume
What does the Marlboro Man have to do with rock climbing in Yosemite National Park? How has playing cowboys and Indians shaped the way we understand the American West? What is so alluring about the Western frontier, and how has it shaped American identity? This course will answer these questions and more through an exploration of the myth of the American West in art and literature. We'll consider how these big ideas have shaped our understanding and use of resources and consider questions of public land usage and ownership. We'll use a variety of lenses to explore different perspectives on the West and consider the ongoing effects as it continues to loom large in our American identity.

HON 101 Honors Apprenticeship
Arranged with your mentor; Jacci White and individual faculty mentor
A 1 credit hour course where you work one on one with a professor, helping with a current project or event. If you are interested in an Honors apprenticeship opportunity, please contact the instructor to talk about creating an experience as well as to confirm that your schedules will work to accommodate the weekly meetings. Once you have confirmed the position, contact - Dr. Jacci White at Jacci.white@saintleo.edu or 352-588-8338 to have her enroll you into HON 101 for this term. A list of pre-arranged opportunities is also available upon request.

Arts & Entertainment

Heaven, Is Trying To Save Earth

By Kristin Vitagliano

Contributing Writer

On February 12th TBS aired its new limited show "Miracle Workers." It is a comedy set in Heaven, following God (portrayed by Steve Buscemi) and his angels going about their business at Heaven Inc. The only issue is that God has decided that Earth should be replaced. He wants to blow it up and replace it with a lazy-river restaurant.

"Miracle Workers" begins with God sitting on his couch in grey sweat pants flipping through channels showing the bad things occurring on Earth, until he finds a channel playing a race car driver praising God for his win. God is relieved for a moment only to find out that the driver's next race ended up with his car exploding and him dying. It's shown that God is frustrated.

The audience then sees an adorable Rube Goldberg opening sequence showing the little marble destroying Earth along its way.

This sequence leads into shots of Heaven Inc. where many angels work to help regulate Earth and its inhabitants. The Department of Animals causes animals to go extinct due to budget cuts. The Department of Constellations gets to create new constellations from the stars in the sky. The Department of Volcano Safety is seen sitting around as a volcano erupts.

Then the audience meets Eliza (Geraldine Viswanathan), an angel who wants to move up the ladder from her spot in the Department of Dirt. She wants more responsibility in helping Earth more.

She gets transferred to the Department of Answered Prayers which is where she meets a disheveled but devoted-to-his-work Craig (Daniel Radcliffe). Craig has been a loner for years answering prayers, but Eliza soon learns that answering prayers isn't what she thought. She and the audience learn that the angels don't have as much control in granting prayers.

This causes Eliza to confront God, who then makes his decision to blow up Earth unless Eliza can accomplish granting an "impossible wish." God gives her and Craig two weeks to perform said task, so the two go and search for the perfect prayer to answer. They find it in Laura (Sasha Compere) and Sam (Jon Bass), two people crushing on each other. All Eliza and Craig need to do in two weeks, is to get them to kiss. What makes it impossible, is even though the two like each other, they are very very socially awkward.

"Miracle Workers" is a cute comedy. God is surrounded by the extravagance and cleanliness of white and gold furniture while he is a slob. He wears sweats and throws empty beer bottles in the attempt to make it in the trash bin. Spoiler: he misses, and the glass shatters. The Department of Answered Prayers, a place one would think is clean and beautiful, is nothing but a dark, crowded basement with answered prayers organized and pinned to a wall as only about three prayers get responded to a day since it takes so long for the angels to interact on Earth.

The actors were well chosen. Steve Buscemi plays a funny creator. Daniel Radcliffe plays a hilarious cowardly hermit angel. In Geraldine, the audience sees a determination that is relatable and lovable. Karan Soni (who plays Sanjay) plays a devoted servant to God, though one can relate to the frustration of being assistant to the Man.

The show keeps a decent pace that makes it very easy to watch, and the episodes are only about thirty minutes each. There is always a new little thing that the audience gets to learn about Heaven Inc and its workers, and about God himself. It's entertaining.

"Miracle Workers" is based on the book "What in God's Name" by Simon Rich. "Miracle Workers" is rated TV-14 for some of the humor and language, but the language is bleeped out.

If anyone is looking for a cute comedy to pass the time on Tuesday nights at 10:30 pm, "Miracle Workers" may be the thing to watch.

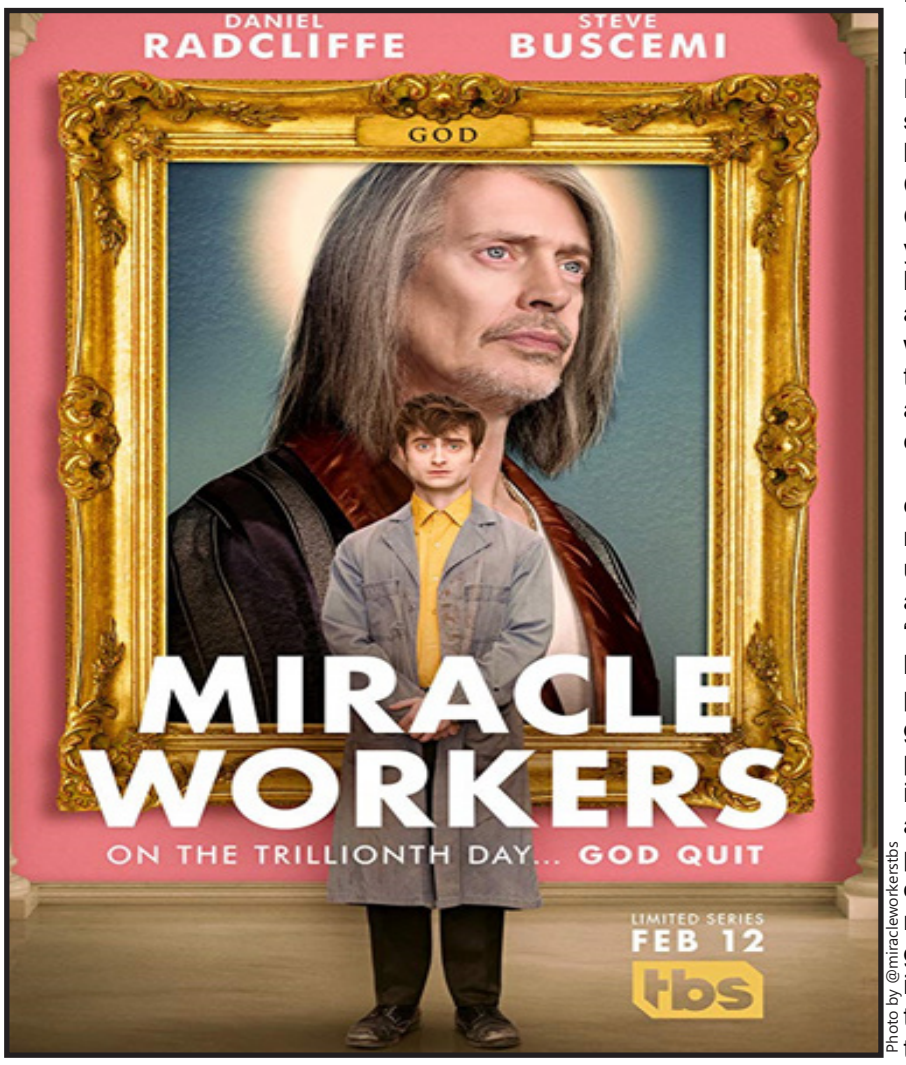

Photo by @miracleworkerstbs

On February 12th, TBS premiered their new comedy "Miracle Workers": A story about god and his angels overseeing Earth.

Photo by @IMDB

Sanjay (Karan Soni), Craig (Daniel Radcliffe), and Eliza (Geraldine Viswanathan) stand in the presence of God as they try to change God's mind about

Here are some ways to catch up on the series

- Vudu
- Youtube
- TBS.com
- Amazon Prime Video
- Google Play Movies & TV

Lifestyle

Pancho's Villa

A Must Visit in San Antonio

By William Burns
Contributing Writer

Pancho's Villa is a Mexican cuisine restaurant in San Antonio, Florida, not far from the Saint Leo University campus. At one mile away, the restaurant is an easy commute for students driving or walking.

The restaurant is open every day for lunch and dinner. They open every day at 11 a.m. and Sunday through Thursday they close at 9 p.m., and Friday and Saturday they close an hour later, at 10 p.m.

Pancho's has food that is typical of Mexican restaurants. They have burritos, enchiladas, tacos, chimichangas, fajitas, etc. Before hitting the restaurant for lunch, a quick google search for "Panchos" gives you the restaurant reviews on both Tripadvisor and Yelp.

These two sites have nearly four hundred combined reviews, and both had a rating of four and a half stars out of five for the diner. Already before going to eat, Pancho's was certain to deliver some delicious food.

The restaurant is tucked away in the little town of San Antonio and offers very little parking or seating. There are less than 10 immediate parking spots for the restaurant, but more are available only a short way down the road.

Likewise, the interior of the restaurant is small as well and has a seating capacity of about 50 people, give or take five depending on how the tables are set up. The low amount of seating can easily lead to wait times if you go during their busy hours.

There is an outside seating area, but it does not appear to be used at all. Lunch gets busy at around 11:30 in the morning and the rush typically ends by 1:30 in the early afternoon. The dinner crowd starts showing up near 4:30 in the evening and lasts until around 8:30 p.m.

On this trip to Pancho's, I arrived at two in the afternoon right as the restaurant was beginning to clear out. My party, and another party of three arrived at the same time and had no issue getting seated quickly. We sat in the corner booth which was comfortable enough, but the table seemed to be a little higher than what I was used too.

A waitress soon came over and asked for our drinks and immediately returned with our selections. We asked for a few minutes to look at the menu, and about five minutes later our order was taken. In the meantime, we were given warm, crispy tortilla chips and two types of salsa, one spicy and one mild. The restaurant was decorated similar to other Mexican restaurants, with sombreros hanging from the walls and paintings all over. There was also very nice cultural music playing in the background.

The food took roughly 15 minutes to come out after we placed our orders, and it was piping hot. Everyone in the party thought the food was delicious, and the portions filled up the plates and our appetites. The service was great as well; our cups were never empty, and the waitress checked up on us several times. She timed the checks very well and did not make us wait at all. The menu for the restaurant is small, but they cook the food very well. The lunch and dinner menus are nearly the same, but the lunch portions are smaller and slightly cheaper. For lunch, the price range was between $6-$10, and the dinner prices ranged from $8-$16 per entree. The entrees normally come with rice and beans, but fries are also available. There are also a la carte items which can be added to your order.

The lunch trip lasted 45 minutes from arriving and being seated to the time we left. For a sit-down meal, this doesn't take up much time, and is a good way to take a short break from your day.

For those who do not have that much time, you can also call in orders and pick your food up to go. This restaurant is a great hole in the wall diner to go to, especially for college students. The prices are low, and the portions are large, which is exactly the value students are looking for.

Also, with the close proximity to University Campus, you can't go wrong. If you want to go at the busy times, be prepared to wait, but if you go in the off-hours, it can be a quick, delicious meal. The only cons for the restaurant would be the occasional wait time and the lack of WOW factor.

Photo credit: @yelp

Pancho's offers many Mexican dishes iike burritos, fajitas, tacos, etc. The food is delicious and has portions big enough to satisfy anyones appetite.

Photo credit: @yelp

Pancho's always has a daily special written on the wall that can be easily seen as soon as you walk into the restaurant.

Photo credit: @yelp

Pacho's Villa only being a mile away from Saint Leo makes it a easy commute for the SLU community to walk or drive here for lunch or dinner.

Sports

New Faces in The Athletic Department

By Pietro Vagnone
Contributing Writer

As of January, Brett Parker and Peter McGahey were named head coaches of Saint Leo's men and Women's soccer program. Coach Parker will be the ninth head coach for the men's soccer program, while coach McGahey will be the fourth head coach for the women's soccer program. Both coaches arrive with 11 years of coaching experience.

University Vice President and Director of Athletics, Francis X Reidy is excited by the two new additions. "They represent the best all-around candidates due to their previous success and competitive nature," said, Reidy.

Despite having subpar performances in recent years, both programs in the past were at the highest NCAA division II rankings. The rankings included three SSC titles and four NCAA appearances for the men's program, and four SSC titles and seven NCAA appearances for the women's team.

Parker was the first head coach at Fort Hays State and reached the NCAA tournament in seven consecutive seasons while putting together an outstanding 126-61-21 record at the helm of the Tigers.

Similarly, McGahey, obtained a covetous 124-76-25 record as head coach at Minnesota State, Mankato, and Central Michigan, guiding his programs to 10 NSCAA Team Academic Awards and four NCAA postseason appearances.

Both coaches are enthusiastic to start their Saint Leo experience. Accepting the coaching positions was an easy choice by both coaches, due to the institution's history, opportunities both on and off the field, and most importantly, the possibility to compete in the Sunshine State Conference.

Photo provided by : Christy Lear

Coach Brett Parker believes, "The biggest challenge to overcome is to change the recent culture, reaching a winning mentality, transmitted game by game and player by player."

How these two coaches will be able to rebuild a successful program, from the undesirable results in the past years, still is yet to be seen. "The biggest challenge to overcome is to change the recent culture, reaching a winning mentality, transmitted game by game and player by player," said Parker.

Similarly, Coach McGahey agreed: "The biggest challenge to overcome is to establish a new culture, a positive mindset, forgetting about the past, and working and learning for a successful future."

The bar is set high for next season and the future. To start their Saint Leo experience off on the right foot, both coaches seek a triumphant season and the accomplishment of their goals,

"You have to set your standards high, improve from what was done in the past, adjust the culture and create an enjoyable environment where the players can develop as students and athletes," said McGahey.

Homogenously, Parker said the goal is to improve every day, develop players with the right mentality and work ethic to reach the season in the fall with right attitude and predisposition.

As the spring semester started, both coaches began working with their teams to set the pace and early expectations. A solid foundation is already established as both coaches explained, their teams are comprised of talented players, filled with positive energy, coachable, and overloaded with an expected hunger for success and enjoyable results.

Goals have been established, a plan has been produced, and now it's time to work and develop for both coaches, and for our fellow soccer student-athletes. The hope is that the new coaching staff will be able to transmit the necessary values to rebuild a successful program.

Photo provided by : Christy Lear

Coach McGahey looks forward to the success of the program sharing his idealogy, "You have to set your standards high, improve from what was done in the past, adjust the culture and create an enjoyable environment where the players can develop as student and athletes."

Rules of the Game: Softball

By William Burns
Contributing Writer

Softball, the female version of America's pastime, and a great recreational sport for people of all ages and genders has rules and regulations just like any other game or sport. Softball was invented by George Hancock in Chicago in 1887. The game began as an indoor style of baseball but was eventually changed to an outdoor sport. Softball is now very popular as both an organized sport, and for recreation. In fact, not only is women's fastpitch softball a popular high school and college sport, it was recognized as an Olympic sport in 1996.

Softball follows closely to the rules of baseball, but the major difference is that the playing field is smaller. The 'diamond' is composed of bases spaced 60 feet apart, and once one player makes it around all the bases, your team gets a run. The teams are made up of nine players each. The defensive positions include a pitcher, catcher, first baseman, second baseman, shortstop, third baseman, left fielder, center fielder and right fielder. The left, center and right fielders are what is called the outfield and the other players make up the infield.

These nine players also get put in a batting order for when they are not on defense. This order is a strategic placement of players with the hopes of getting on base and making it all the way around the diamond. There are several types of hits that batters can get. They can get singles, for when they hit the ball and advance to first base, a double when they make it to second base, a triple if they make it to third base and a home run if they make it all the way around the bases.

If a player hits the ball on the ground, it is termed a grounder. If the ball is hit high in the air, but not out of the infield, it is called a pop-fly, or pop-up. If the ball is hit high in the air and deep to the outfield, it is a fly ball. If the ball is in the air, but not very high, then it is a line drive. The best of all hits is when a batter hits the ball over the outfield fence. This hit awards the batter with a run and is called a home run.

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